



BEDFORD BULLETIN



A publication of the Bedford Senior Activity Center

AUGUST 2015

Bedford Senior Activity Center

2817 R.D. Hurt Pkwy.

Bedford, TX 76021

817-952-2326

www.bedfordtx.gov/senior/

Hours of Operation

Mon.-Tue.-Wed.-Fri.

8 a.m. – 5 p.m.

Thursday

8 a.m. – 8 p.m.

Center Phone Numbers

Cathy Haskell, Manager

817-952-2329

Rhonda Karnes-Scott

817-952-2320

Janet O'Dell

817-952-2325

Dale Dawson

817-952-2328

Bingo Night

NO Bingo for August. We will be moving Bingo back to every 3rd Thursday of the month beginning in September. We will be having a Potluck dinner so please bring your favorite dish. September 17, 2015 from 6pm-7:30pm. Sign up with staff or call 817-952-2326.

Book Club

Anyone interested in participating in a Book Club? We need a volunteer to lead it! Will meet on Thursdays from 6:00pm to 7:00pm.

Shingles Workshop

Sun Fresh Market will be here to give a FREE workshop on Shingles. Monday August 3, 2015 from 11:00am to 12:00pm. Please sign up with staff member or call 817-952-2326.

Carter Eye Center

Carter Eye Center will be here to check your vision for cataracts. This is a FREE service. Monday August 10, 2015 from 10:00am to 1:00pm. Please sign up with staff member or call 817-952-2326.

Dance Hosts

Starting in August we will have a male dance host at the dances to dance with the single ladies. Dances are every Monday from 7:00pm-9:15pm. Cost is \$6.00 per person and refreshments will be served. Come dance the night away!

DEA Prescription Drug Take Back

The Drug Enforcement Administration have announced that there will be a Prescription Drug Take Back on Saturday September 26, 2015 from 10:00 a.m. to 2:00 p.m. The Bedford Police Department in cooperation with the DEA will have a collection point at the Bedford Law Enforcement Center, located at 2121 L. Don Dodson Drive, in the front circular drive. They ask that if you wish to drop off unused or out-of-date medications please remove them from their packaging and place them in a plastic bag. They will not take blister packs, pill bottles, liquids or sharps (needles).

You need not exit your vehicle they will take them from you and you just drive away. They will only take the medicines on the date of the event. If you can't be here on the date then please find someone to bring them in for you. They do not store turned in medicines. Once the event is over the collected medicines will be transported to the DEA office for destruction.

MONDAY	TUESDAY	WEDNESDAY
3 8am-5pm-Ceramics 8am-noon-Pool 11am-noon- Shingles Workshop 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 7:00pm- Dance-Pete N Patti	4 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	5 8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
10 8am-5pm-Ceramics 8am-noon-Pool 10am- 1pm- Carter Eye Center 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 7:00pm-Now & Then	11 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	12 8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 10am-NARFE 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
17 8am-5pm-Ceramics 8am-noon-Pool 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 7:00pm-Bill G Trio	18 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	19 8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
24 8am-5pm-Ceramics 8am-noon-Pool 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 7:00pm-Russ Dorsey	25 8am-5pm-Ceramics 8am-Pool, Quilting, "84" 9am-Exercise 9am- Needlecraft 10am- Pinochle 12:30pm- Duplicate Bridge 1pm- Dominoes	26 8am-Ceramics & Pool 9am-1pm-China Painting 9am- Exercise 1pm-Dominoes 1pm-2pm-Int. Line Dance 2pm-3pm- Adv. Line Dance 2pm- Guitar Jam Session
31 8am-5pm-Ceramics 8am-noon-Pool 1pm-Dominoes 1pm-2:30pm- Beg. Line Dance 2:30pm- Tai Chi 7:00pm-Doc Gibbs		

<p style="text-align: center;"><u>THURSDAY</u></p> <p style="text-align: right;">6</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:15pm- Yoga</p>	<p style="text-align: center;"><u>FRIDAY</u></p> <p style="text-align: right;">7</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>DANCES</u></p> <p>August 3rd-Pete & Patti August 10th-Now & Then August 17th- Bill G Trio August 24th- Russ Dorsey August 31st- Doc Gibbs</p>
<p style="text-align: right;">13</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:15pm- Yoga</p>	<p style="text-align: right;">14</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>NARFE</u></p> <p>Wednesday August 12, 2015</p> <p style="text-align: center;"><u>Blood Pressure Checks</u> 1st & 3rd Thursdays 8:30am to 10:30am</p>
<p style="text-align: right;">20</p> <p>8am-Ceramics 8am- Pool, Quilting 8:30am-Blood Pressure Checks 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:15pm- Yoga</p>	<p style="text-align: right;">21</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1:30pm- Guitar Jam Session</p>	<p>Would you like schedule and newsletter updates by email? Email me at: rhonda.karnes-scott@bedfordtx.gov Please give me your full name in email.</p>
<p style="text-align: right;">27</p> <p>8am-Ceramics 8am- Pool, Quilting 9am- Exercise 10am- "42" 12:30-Duplicate Bridge 1pm- Dominoes 2pm- Mah Jong 6:15pm- Yoga</p>	<p style="text-align: right;">28</p> <p>8am-Ceramics 8am- "84" 9am- All Media Painting 12pm- Tai Chi 1pm- Dominoes 1pm-4pm- Hobbyist 1:30pm- Guitar Jam Session</p>	<p style="text-align: center;"><u>Class Highlights</u></p> <p>We could use a few more people for the <u>Hobbyist</u> class. Have a favorite hobby? Bring your supplies and work on your hobby here where you can share and socialize. August 14th & 28th from 1:00pm-4:00pm. Hope to see you soon!</p>
		<p><u>Tai Chi</u> needs more participants! Asian form of low impact exercise. Meets Mondays at 2:30pm and Fridays at 12:00pm.</p> <p>Join the Low Impact Exercise class! Low impact exercise meets Tuesday, Wednesday, and Thursday at 9:00am.</p>

Winstar Trip

We are planning a trip to Winstar in August (date will depend on how soon we get the money together). Cost will be \$20.00 per person. If interested see Janet, Rhonda, or Cathy to sign up and pay.

